

PLUMAS COUNTY SUBSTANCE USE RESOURCES

PLUMAS COUNTY DEPARTMENT OF HEALTH & HUMAN SERVICES

Plumas County Dept. of Social Services

“Our pledge is to provide services courteously and professionally. We will be respectful, compassionate, supportive, and impartial. Efficiency, integrity, and respect for individual dignity will govern how we deliver services to Plumas County citizens.”

Location: 270 County Hospital Road Suite 207., Quincy, CA 95971

Contact: (530) 283-6350

Website:

<https://www.plumascounty.us/94/Social-Services>

Last Verified On: 01/21/2025



ANONYMOUS SUPPORT SERVICES

Northern California Fellowship of Alcoholics Anonymous

24-Hour Hotline: (530) 225-8955

Website: <https://aanorcal.org>

Last Verified on: 01/21/2025

Al-Anon District 4 Northern California

District 4 Contact: (530) 378-9185

Website: <https://norcal-al-anon.blogspot.com/>

Last Verified On: 01/21/2025

River Cities Area Narcotics Anonymous

Website: <https://sites.google.com/rivercities-na.org/home>

Last Verified on: 01/21/2025

ALCOHOL SUPPORT

Alcohol Rehab Help

“If you or a loved one is struggling with alcohol addiction, you can rely on us to guide you to the best rehabilitation and treatment resources.”

24/7 Helpline: (928) 436-6654

Website: <https://alcoholrehabhelp.org/>

Last Verified On: 01/21/2025



PLUMAS COUNTY SUBSTANCE USE RESOURCES

PERINATAL SUBSTANCE USE RESOURCES

Plumas Rural Services – Family Empowerment Center

“This service provides information, training, support and advocacy to parents and guardians of children and young adults with ANY disability in Lassen, Modoc, Plumas and Sierra Counties.”

Location: 711 East Main Street, Quincy, CA 95971

Website:

<https://plumasruralservices.org/Family-Empowerment-Center>

Contact: (530) 283-2735 ext. 880

Last Verified On: 01/21/2025

MotherToBaby

“We specialize in answering questions about the safety/risk of exposures, such as medications, vaccines, chemicals, herbal products, substances of abuse, maternal health conditions and much more, during pregnancy or breastfeeding. Our no-cost information service is available to mothers, health professionals, and the general public via chat, text, phone, and email in both English and Spanish.”

Contact: (866) 626-6847

Website: <https://mothertobaby.org/pregnancy-breastfeeding-exposures/>

Last Verified On: 01/21/2025

QUIT SMOKING ASSISTANCE

Kick It California

“We’re a free program that helps Californians quit tobacco and nicotine with the help of proven, science-based strategies. Take the first step toward quitting.”

Call and Chat Counseling:

English: 1-800-300-8086

Español: 1-800-600-8191

Chinese: 1-800-838-8917

Korean: 1-800-556-5564

Vietnamese: 1-800-778-8440

Quit Pouches:

<https://www.kickitca.org/pouches>

Website: <https://www.kickitca.org/>

Last Verified On: 01/21/2025

Alexa Skills Stop Vaping Coach

“With the Stop Vaping Coach skill, get quit vaping tips or sign up to speak with a quit coach.”

Website:

https://www.amazon.com/dp/B07YBTN1GY/ref=sr_1_1?keywords=stop%20vaping%20coach&qid=1569431942&s=gateway&sr=8-1&fbclid=IwAR0Bqqyt0UWfJ7MYVSYHQ2NMAbvvhO0UMkCbv7dP7vHPj9fEZwliaP-SEZI

Last Verified On: 01/21/2025